

Healthy Ageing Committee worksheet 2023

Committee functions

1. Provide evidence-based information on healthy aging to AFSM members and their families via the newsletter
2. Survey members periodically in order to obtain areas of interest for educational programs.
3. Offer educational programs via zoom that engage members in up-to-date information regarding healthy aging and planning for the future to ensure maintenance of function and quality of life.
4. On behalf of AFSM members work with WHO/PAHO to ensure the interest of older persons are included in the planning and work of the Decade of Healthy Aging and that AFSM members are included in the work of the Decade of Healthy Aging.

Priority	Concrete actions to be taken in 2023	Lead person:	Time for delivery	Budget
1 Increasing Membership and Participation	<ul style="list-style-type: none"> • Develop, for members only, demonstration of at least two evidence-based prevention programs that are easy to implement, are accessible, and have been proven effective. • Provide newsletter with a series of personal stories of retirees successfully coping with caregiver challenges 	Martha Pelaez Maria Teresa	May October Ongoing	
2. Strengthening Information and Communication with Member	<ul style="list-style-type: none"> • 3 Webinars on the topic of aging at home and long-term care planning • 3 Newsletter articles on healthy aging • Survey members on topics of interest for future webinars and newsletter articles • Monitoring and contributing to Face Book on issues of healthy aging 	Martha Pelaez Martha Pelaez Yvette Holder Maria Teresa and Maria Edith Baca	Ongoing Ongoing April Ongoing	
3. Linking with PAHO and other organizations	<ul style="list-style-type: none"> • MOU legal review to include working with technical program. • Monitor and contribute to Platform for Decade • Link retirees with Age friendly network activities • Represent AFSM HAC in Global AFSM initiatives regarding the Decade on Healthy Aging 	Gloria Coe and Hernan Rosenberg Yvette Holder Miguel Malo and Maria Edith Baca Martha Pelaez	March Ongoing Ongoing Ongoing	